



Stockholm Visitors Board/Christer Lundin



Oslo Opera House - Nancy Bundt/Visit Oslo



VisitDenmark/Thomas Nykrogh

Scandinavia – A Perfect Blend!

Nature. Heritage. Design. Hipness....and Happiness!

Denmark, Norway, and Sweden: Three European destinations that combined, make for one fantastic vacation. United in heritage but unique by design, the Scandinavian trio have a lot in common – from pristine natural settings, and a shared Viking history to progressive populations and world-renowned senses of style – but are distinct and special enough to make each one a must-see. From the cool cosmopolitan capitals of Denmark and Sweden – Copenhagen and Stockholm – to Norway's stunning and serene fjords, Scandinavia is brimming with sights, sounds, tastes, and experiences found nowhere else. One-of-a-kind Scandinavia-only moments await you!

Each country has its own distinct language, yet each is widely known for its knowledge of English. Excellent infrastructure with convenient rail and air services – within as well as between the major cities, makes it easy to get around. Scandinavian Airlines offers direct connections from several gateways in the U.S. to Scandinavia, as well as between Denmark, Norway and Sweden. More inclined to drive or take the train? The majestic Oresund Bridge connects Denmark with Norway and Sweden, by car or rail.

History, Culture & Heritage

In Denmark, Norway and Sweden you'll find a contemporary lifestyle mixing flawlessly with historic castles, cobbled streets and charming old districts providing an evocative backdrop to thriving cultural scenes. Ample opportunity to explore three countries rich in history, culture and heritage.

We invite you to explore a snapshot of Denmark, Norway and Sweden through these suggested itineraries – just a small sample of what Scandinavia has to offer.

www.VisitDenmark.com/usa

www.innovationnorway.com/us

www.VisitSweden.com

www.flysas.com/us



Stockholm Visitors Board/Christer Lundin



Oslo Opera House - Nancy Bundt/Visit Oslo



VisitDenmark/Thomas Nykrogh

DENMARK – History, Culture & Heritage

Day 1

The Fairytale begins...

A Royal day starts in **Kongens Have** (Kings Garden) with a visit to the 17th century former summer residence of the Danish Royal Family - **Rosenborg Palace** – to view the Royal Crown Jewels.

From the Royals to the Vikings – **the National Museum** is a wealth of Viking history and Danish history dating back more than 14,000 years and free to the public.

Take a guided tour of **Christiansborg Castle** home to the Danish Parliament and site of state-receptions, the famed “Queens” tapestries and the Royal Receptions rooms. **Amalienborg** Castle is home to the reigning Danish Queen, Margrethe II – don't miss the Royal Changing of the Guard each day at noon!

To complete the fairytale, take a short train ride north of Copenhagen to find yourself at the majestic **Kronborg Castle**, setting of Shakespeare's Hamlet, and the 17th century renaissance **Frederiksborg Castle**.

Day 2

Copenhagen along the canals...

Start the morning on the canals of Copenhagen with a guided boat tour enjoying views of the **New Opera House**, **Little Mermaid**, **Amalienborg**, the picturesque **Nyhavn** area and more.

Step out into Europe's longest pedestrian-only street; **Strøget** and enjoy the many cafés and lively street atmosphere and end your day at the **Tivoli Gardens**, opened in 1843, is claimed to be the inspiration for Walt Disney's attractions, and is a must for people of all ages. Enjoy delightful rides, small boutiques, concerts, world-class restaurants and the beautiful and romantic atmosphere that is Tivoli Gardens.

Day 3

History & Epicurean

Step into old and new Copenhagen with a visit to the **Ny Carlsberg Glyptotek** and the **National Gallery of Denmark**. Step further back into history with a visit to the **Museum of Danish Resistance** documenting Denmark's opposition movement during World War II.

Continue along the waterfront and walk down Bredgade with famed art and antique boutiques. Don't miss Nyhavn, reveled by Danes and visitors alike. Cafés and restaurants line the waterfront; simply enjoy the amazing atmosphere, docked boats and dazzling canal views.

Copenhagen is home to a wealth of culinary experiences, from traditional dishes to the unique flavors of contemporary Danish cuisine focusing on quality and simplicity with emphasis on organic and locally grown ingredients. Currently the worlds best restaurant is **Noma**, located in a refurbished warehouse in the Christianshavn district, but make your reservations sooner than later! Or else stop by the **Restaurant Kong Hans Kælder**. Worth mentioning is that Copenhagen boasts 13 Michelin-awarded restaurants.

In the evening take pleasure in a performance by the **Royal Danish Ballet** or go experience a **Royal Opera** at the newly opened Opera House.



Wonderful Copenhagen



VisitDenmark/Ted Fahn



VisitDenmark/Cees van Roeden



VisitDenmark/Cees van Roeden



Stockholm Visitors Board/Christer Lundin



Oslo Opera House - Nancy Bundt/Visit Oslo



Visitdenmark/Thomas Nykrogh

SWEDEN – History, Culture & Heritage

Day 1

Start your adventure in Stockholm by taking a Historical Canal Tour by boat. While cruising through narrow canals, past leafy shorelines and many interesting buildings, you will learn all about the history of this beautiful city and its development from early industrial to modern times.

A must for all history lovers is **Gamla Stan**, the Old Town, which is one of the largest and best preserved medieval city centers in Europe. The town dates back to the 13th century and consists of medieval alleyways, cobbled streets and archaic architecture. It is popular with aficionados of handicrafts, antiques and souvenirs, and boasts historic highlights such as the **Cathedral of Stockholm** and the **Royal Palace**. The Palace is one of the largest in the world with over 600 rooms and here you can experience the daily changing of the guard.

In a medieval basement in the Old Town you'll find **Gyldene Freden**, the Golden Peace, a beloved meeting place for cultural elite personalities of Stockholm in the olden days. The restaurant offers traditional Swedish dishes with a touch of modern and international influences. Today the Swedish Academy (which names the Nobel Prize nominees) meets here every Thursday for their weekly dinner.

Day 2

After breakfast, set off to the green island of **Djurgården**, home of the **Vasa Museum**, featuring the world famous warship Vasa from the 17th century. The ship, which sank during her maiden voyage, has successfully been reconstructed and the Vasa Museum is today the most visited museum in Scandinavia. Another must is **Skansen**, the world's oldest open air museum which offers a unique collection of historical buildings from all over Sweden in addition to housing an assortment of Scandinavia's wild and domestic animals.

Take a boat or a charming old fashioned tram back to the city center. Visit the **Royal Opera**, which offers a wide repertoire of international performances. Here you can enjoy dinner at one of Sweden's most famous dining rooms, Operakällaren. This restaurant's magnificent setting offers views across the water to the Royal Palace from the terrace bar. This summer the chefs are reintroducing one of Operakällaren's all-time greatest success stories: the smorgasbord, a traditional buffet brimming with Swedish delicacies.

Day 3

Millions of people have already read the **Millennium series** by Stieg Larsson and the books have become bestsellers around the world. In March 2010 the first Millennium film was released in the USA to fantastic reviews. Take the unique opportunity to walk in the footsteps of Lisbeth Salander on the two-hour Millenniumtour. The tour will take you to locations from both the books and the film, and will include facts from the production. The tour ends at the film exhibition in the Stockholm City Museum where you can get behind-the-scenes of the Millennium film.

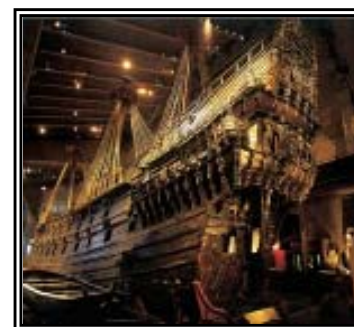
History lovers will love the **Drottningholm Palace**, the permanent residence of the royal family and one of Stockholm's three World Heritage Sites. A stunningly beautiful one-hour boat tour on Lake Mälaren brings you to the palace. The boat leaves from the wharf of the City Hall. Be a Nobel Prize winner for a day! At Stadshuskällaren, the City Hall's cellar restaurant, everyone can enjoy the same exquisite menu, served on the same fine porcelain as the Nobel Prize winners have enjoyed since 1901.



Stockholm Visitors Board /Alexander Dokukin



Image Bank Sweden/Lena Granefelt



The Vasa Museum



Image Bank Sweden/Mats Bäcker



Stockholm Visitors Board/Christer Lundin



Oslo Opera House - Nancy Bundt/Visit Oslo



Visitdenmark/Thomas Nykrogh

Norway – History, Culture & Heritage

Norway. Powered by Nature

Day 1

Oslo – where City & Nature Connects

The capital city of Oslo is a modern, cosmopolitan center set amidst pristine natural beauty. It is a trove of cultural pursuits and architectural treasures. The Oslo Opera House delivers both. The award-winning design of captivating angles and clean lines inspired Sir Peter Cook to proclaim, *"Its scale, ambition, and quality have raised the bar for Norwegian architecture."* Oslo is also home to the National Gallery, the nation's largest collection of Norwegian, Nordic, and international art. The work of Edvard Munch, once a citizen of Oslo, is well represented here. Add a vibrant, cutting-edge food culture, world-class shopping, and a buzzing music scene, and the vision of Oslo as a vital capital poised for the 21st century comes into sharp focus.

To feel the pulse of the Norwegian capital, take a stroll up Karl Johans gate, from the Parliament to the Royal Palace. Continue walking to the Vigeland Park, with its amazing collection of granite and bronze sculptures depicting the cycle of life. On Bygdøy peninsula are cultural treasures such as Viking Ship Museum, the Norwegian Museum of Cultural History, and the Thor Heyerdahls Kon-Tiki Museum. Oslo is also the Nobel Peace Prize city and home to the Nobel Institute and Nobel Peace Center. Get the Oslo Pass and travel free of charge on public transportation and get free entrance to museums and attractions. It also includes discounts on sightseeing trips, selected restaurants, car rental and souvenirs. Visit www.visitoslo.com.

Day 2

Norway in a Nutshell

The Norway in a nutshell trip starts in Oslo, takes you over the mountains, through national parks and stunning vistas, through some of Norway's most beautiful fjord scenery, and ends in the charming Hanseatic city of Bergen. The tour is a package deal that nicely fits a field trip to the famous Norway fjords with a train-window view of the amazing countryside, all with the practicality of receiving transportation between the 2 major cities in Norway: Bergen and Oslo. You can experience the scenic Bergen Railway, the breathtaking Flåm Railway – often called *"the world's most spectacular railway"*, the Aurlandsfjord, the narrow Nærøyfjord and the steep hairpin bends of Stalheimskleiva (May-September). The trip runs daily all year. Visit www.fjordtours.com.

Day 3

Bergen – Gateway to the Fjords of Norway

If dreaming of a return to Norway's Nordic past, Bergen is simply unbeatable. The city, a UNESCO World Heritage Site, transports visitors to the seafaring ways of centuries gone by. In 1360, the Hansas, a German guild of merchants, set up one of their import/export offices in the harbor district of Bryggen and dominated trade for the next 400 years. Today, the area's centuries-old wooden architecture stands not as a fossil, but the fulcrum of a vibrant community of shops, artist studios, and restaurants. This 930-year-old city is as enchanting as it is eye-opening.

One of the ways of experiencing Bergen is to wander its cobblestone streets and narrow alleys, exploring charming neighborhoods of old wooden houses in Sandviken or Nordnes, Bryggen or the Hanseatic Wharf seems to draw you into its wooden walkways and its mediaeval past. Join a guided tour and learn more about life in Hanseatic times. Take the funicular Fløybanen to the top of Mount Fløyen and enjoy the view of the city and surrounding areas. Extend your stay in Bergen by taking a tour to Troidhaugen, Edvard Grieg's home, and enjoy a beautiful piano concert while experiencing the surroundings that inspired his music and art. The Bergen Card entitles you to free or discounted admission to museums, attractions, sightseeing and cultural events, free bus travel and discounts on meals and parking. Go to www.visitbergen.com for more information.



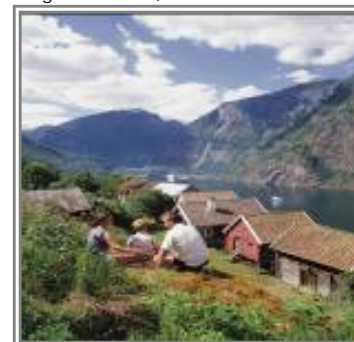
Oslo harbour, Nancy Bundt/John Kvalnes/ Visit Oslo



Bryggen in Bergen, Terje Rakke/Nordic Life/Fjord Norway



Vigeland's Park, Heidi Thon/Visit Oslo



Aurland, Pål Bugge/Innovation Norway